Resuming the Norm of One's Mind to End Suffering

Through Dynamic Rhythmic Meditation

Kongsak Tanphaichitr, M.D.

A Cut Rope
A Monks' Life – No Birth & No Death

- **The fact that we move means to awake ourselves up.**
- **Whenever we think, let it be aware.**
- **Awareness will extinguish greed, hatred , and delusion.**
- **It will extinguish clinging (attachment).**
- **Then our mind would be normal.**
- **When it is normal, whatever comes into contact with us, we would feel (sense) it all.**
- **Whenever we feel, it would be as if that thing is being severed apart (like a cut rope)**
- **- a person does not exist.**
- **This is what is being said that the Buddha killed people to death, leaving only the life of a monk.**
- **A monk's life has no birth, and no death.**

- Luangpor Teean Jittasupo

One suffers out of one's own (biased) thought.

WHY DOES ONE SUFFER ?

Greed

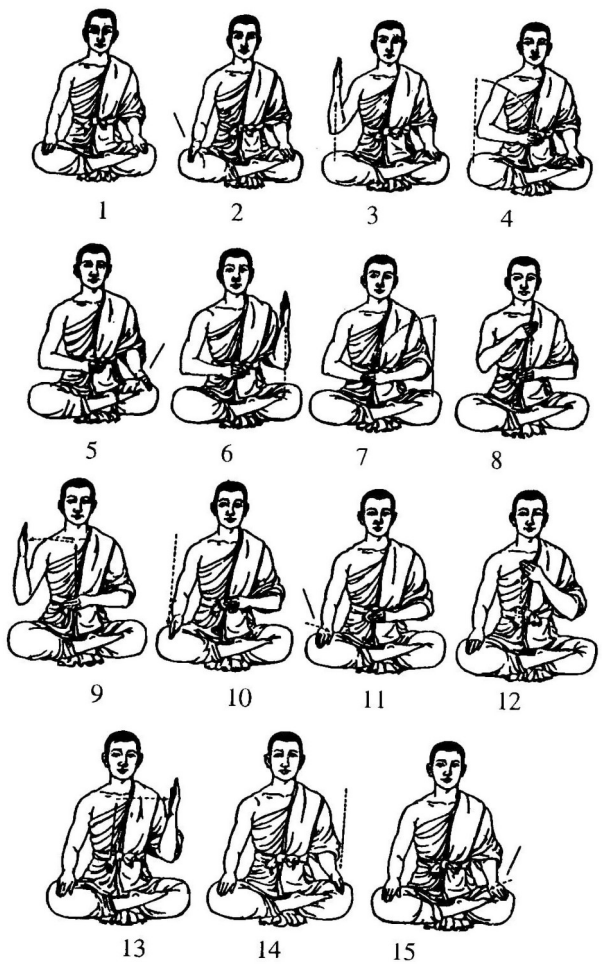
Delusion

Hatred

sneaking in (piggy bag) with one's thought

Mind is luminous,
but tainted with *transitory* mental
impurity.
- The Buddha

Aware of the Body awakens the Body.
Aware of the Mind awakens the Mind.



Sitting Meditation:

There are 15 steps of movement in sitting meditation as the illustrated figures and the explanation shown below:

- 1. Rest the hands palm down on the thighs.
- 2. Turn the right hand onto its edge, be aware; do it slowly, then stop. Do not say to yourself “turn the right hand”, being aware is enough.
- 3. Raise the right hand up, be aware, and then stop.
- 4. Lower the right hand to rest on the abdomen, be aware, and then stop.
- 5. Turn the left hand onto its edge, be aware, and then stop.
- 6. Raise the left hand up, be aware, and then stop.
- 7. Lower the left hand to rest on the right hand, be aware, and then stop.
- 8. Move the right hand up to rest on the chest, be aware, and then stop.
- 9. Move the right hand out, be aware, and then stop.
- 10. Lower the right hand onto its edge on the thigh be aware, then stop.
- 11. Face the right palm down, be aware, and then stop.
- 12. Move the left hand up to rest on the chest, be aware, and then stop.
- 13. Move the left hand out, be aware, and then stop.
- 14. Lower the left hand onto its edge on th
stop.
- 15. Face the left palm down, be aware, and

Right Mindfulness = Mindful-Awareness

สัมมาสติ = สติ-ความรู้สึกตัว

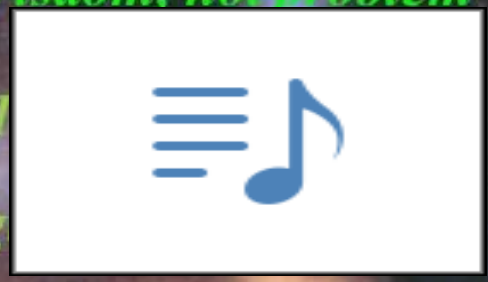
- รู้ซื่อๆ — *Pure Perception*
- รู้ล้วนๆ แต่อย่าให้รู้อะไรโดยเฉพาะเข้า — *Choiceless Awareness*
- รู้อย่างไม่ลำเอียง — *Unbiased Perception*
- รู้โดยไม่ใส่อารมณ์ — *Perceiving without passion*
- รู้โดยไม่ด่วนตัดสินให้คุณค่า — *Non-judgmental Knowing*
- รู้โดยไม่รู้อะไรเลย — *Unknowing Knowing*
- รู้โดยปราศจากความคิด — *Knowing without biased thought*
- รู้อย่างเกิดปัญญา ไม่เกิดปัญหา — *Perceiving with Wisdom, not problem*

MINDFULNESS

ต่อสภาวธรรมต่างๆ ที่เกิดผ่านทาง ตา หู จมูก ลิ้น กาย ใจ

SELF-AWARENESS

phenomenon arisen through one's eyes, ears, nose, tong



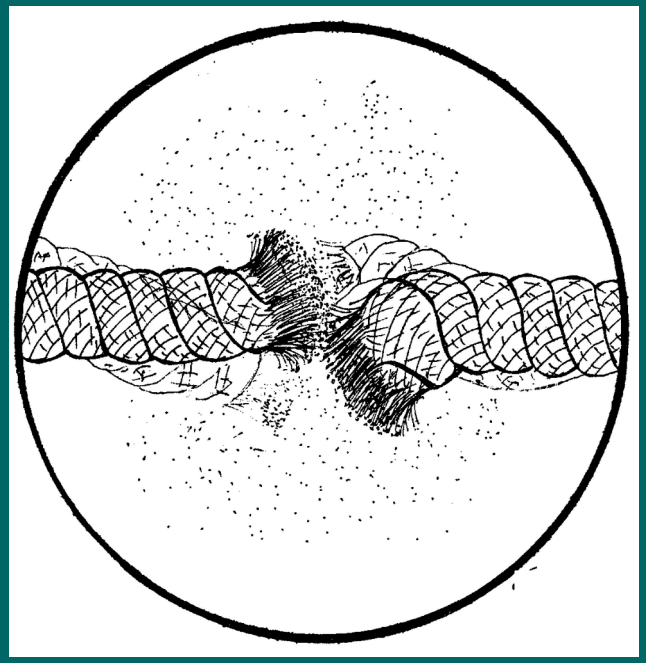
Self-Awareness or Sampajanna

- **Why Self-awareness is so important?**
- **Meditation would not be fruitful without it.**
- **Self-Awareness (Sampajanna) is the Dharma Practice.**
- **It is Mindfulness (Sati) & Self-awareness (Sampajanna)**
- **Keep Sati & Sampajanna within one's body & mind, or simply referring to them together as 'Self-awarer**
- **Meditator's standing ground is Self-awareness**
- **Self-awareness is the only essential Dharma in the pal hand.**
- **Self-awareness let one realize suffering, as well as the end of suffering.**
- **With Self-awareness, there would then be detachment and letting go.**
- **Ceasing and extinguishing would come through Self-awareness.**
- **Self-awareness includes Morality, Mental Concentration. and Wisdom (*Threefold training*) within it.**
- **Self-awareness is Avoid doing bad deed, Doing good deed, and Purifying one's mind (*Buddha's Core Teaching / Heart o***
- **Self-awareness would also result in liberation.**

- *Luangpor Kamkian Suwanno*

Rope Severed
Aware of Body Moving,
Seeing the Mind Thinking.

A Cut Rope (Can never be reattached)



When it is normal,
whatever comes into contact with us,
we would feel (sense) it all.
Whenever we feel, it would be as if thing is being severed apart (like a cut rope)
- A person does not exist.

Thought = Space & Time

Ignorance - Avijja

1. Not knowing ‘Suffering’
2. Not knowing ‘Cause of Suffering’
3. Not knowing ‘End of Suffering’
4. Not knowing ‘Path to End of Suffering’
5. Not knowing the ‘Past’
6. Not knowing the ‘Future’
7. Not knowing the ‘Past and Future’
8. Not **knowing ‘Dependent Arising’** (present)

Conceptual / Virtual
Ultimate Reality
vs.
Ultimate Reality

‘Law of Causation’

“Thought” and “Concept” always deal with “Time” (Kala) and “Space” (Desa).
They are <u>not</u> a pure perception (Sanna Parisuthi),
<u>nor</u> a true direct experiencing (Savasang-Vedana).
It is <u>not</u> Mindful Awareness (Sati-Sampajanna),
but being conditioned by one’s own <u>biased</u> perception (Sanna-Cetana).

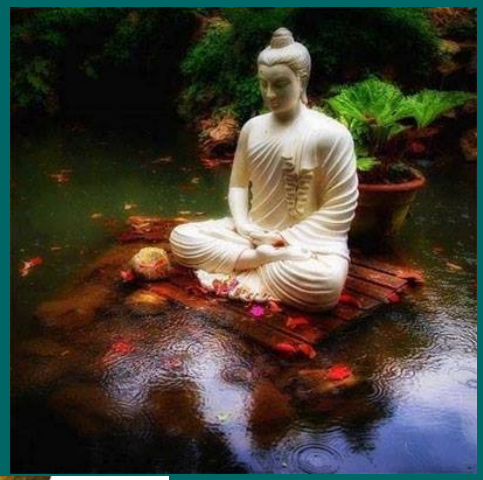
‘Past’ is gone.

‘Future’ has not arrived yet.

“One suffers out of one’s own thought.”

- Luangpor Teean

Self-Awareness (Sampajanna)



Self-Awareness (Sampajanna) is

- The Buddha

- The Roadmap

and

- The Treasure.

- Khemanda

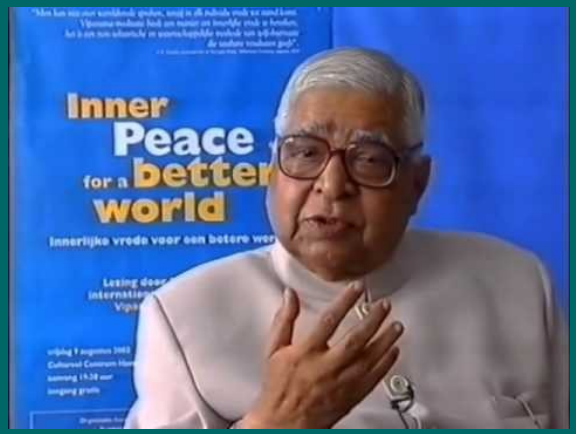
Sampajanna (Self-Awareness)

***Self-Awareness** is*

Buddha's

- ***Enlightenment***
- ***Greatest Discovery***
- ***Gift to Mankind***

- S. N. Goenka



Self-Awareness on Subtle Movement (Sampajañña) Technique

Aware when
stepping forward/backward, looking ahead/sideway,
stretching/bending *(**Dynamic Rhythmic Meditation**);*
getting dressed;
eating/drinking/chewing/tasting;
urinating/defecating;
*walking/standing/sitting/laying down **[4 Major Postures];***
waking up / talking / remaining silent.

Aware of the Body awakens the Body.
Aware of the Mind awakens the Mind.

Self-Awareness :

- a. ***Purpose*** - Why doing ? Awaken Body & Mind *(by being Aware of Body & Mind),*
- b. ***Suitability*** - environment? Sweeping, cooking, washing, walking, breathing
- c. ***Domain of Meditation***: Name/Mind & Form/Body *(Aware @ Any Place / Time)*
- d. ***Reality*** - Seeing the ***3 Universal Marks /Characteristics in all phenomena***. (i.e., impermanence/unstable,

Mindfulness – seizes /retrieves phenomenon
Self-Awareness – investigates phenomenon
Self-Observation / Self-Monitoring
Perseverance (24/7) -
Self-Awareness –
Body / Feeling / Mind / Mental Phenomenon
Mindfulness
(Samadhi) - (Panna) -
to get rid of Desiring & Undesiring

King on the throne (Mindfulness)
is ruling (Self-Awareness)

Insight - 3 Universal Marks of Existence

Physical changes may be easily recognizable.

Mentally is difficult to perceive,

as Mind is formless.

Mindful-Awareness becomes aware of Bodily Movement (Dynamic Meditation)

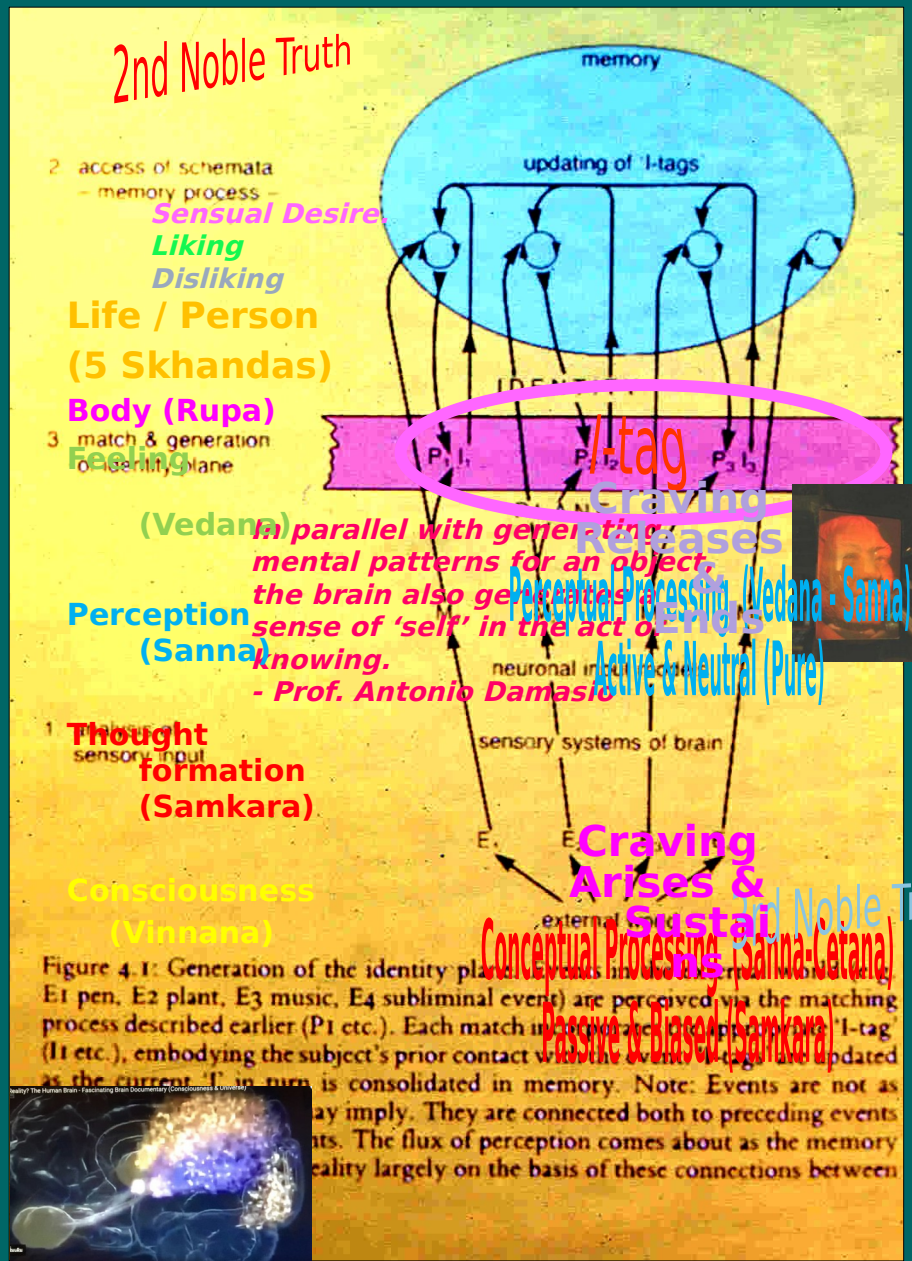
Mindful-Awareness can also catch Thoughts

(Mind movement).

Arising, Enduring, and Ceasing as a Norm.

- ***IMPERMANENCE (Unstable)*** **[Continuity blinds]**
- ***IMPERFECTION (Unbearable)*** **[Movement blinds]**
- ***NOT-SELF/SELFLESS (uncontrollable)*** **[Bundling blinds]**

Pure vs. Biased Contact , Feeling, Perception


2nd Noble Truth
memory
updating of 'I-tags
2 access of schemata – memory process –
Sensual Desire
Liking
Disliking
Life / Person
(5 Skhandas)
Body (Rupa)
3 match & generation of identity plane
Feeling
(Vedana)
Perception
(Sanna)
Thought
formation
(Samkara)
Consciousness
(Vinnana)
I-tag
Craving
Releases
Perceptual Processing (Vedana - Sanna)
Active & Neutral (Pure)
In parallel with generating mental patterns for an object, the brain also generates a sense of 'self' in the act of knowing.
- Prof. Antonio Damasio
neuronal input
sensory systems of brain
sensory input
Craving
Arises &
Sustains
Conceptual Processing (Sanna-Cetana)
Passive & Biased (Samkara)
2nd Noble Truth
Figure 4.1: Generation of the identity
E1 pen, E2 plant, E3 music, E4 subliminal event) are perceived via the matching
process described earlier (P1 etc.). Each match
(I1 etc.), embodying the subject's prior contact
as the current 'I' in turn is consolidated in memory. Note: Events are not as
imply. They are connected both to preceding events
The flux of perception comes about as the memory
reality largely on the basis of these connections between

Endearing & Pleasing

4 Foundations of Mindfulness

6 Sense Organs/Salayattana
Consciousness/Vinnana
Contact/Passa
Feeling/Vedana
Perception/Sanna
Biased Perception/Sanna-Cetana
Mindful - Awareness
Craving/Tanha
Disturbing Thought/Vitakka
Obsessive Thought/Vicara

All Phenomena are Not Worth Clinging to

24/7 Mindfulness Meditation

4 Foundations of Mindfulness : Mindfulness - Awareness

Perseverance - Self-Awareness - Mindfulness

Body / Feeling / Mind / Mental phenomenon

getting rid of Desiring & Undesiring

3 Universal Marks of Existence – True Nature

(Unstable, Unbearable, Uncontrollable)

Impermanence, Imperfection, Selflessness

Leading to Insight Wisdom

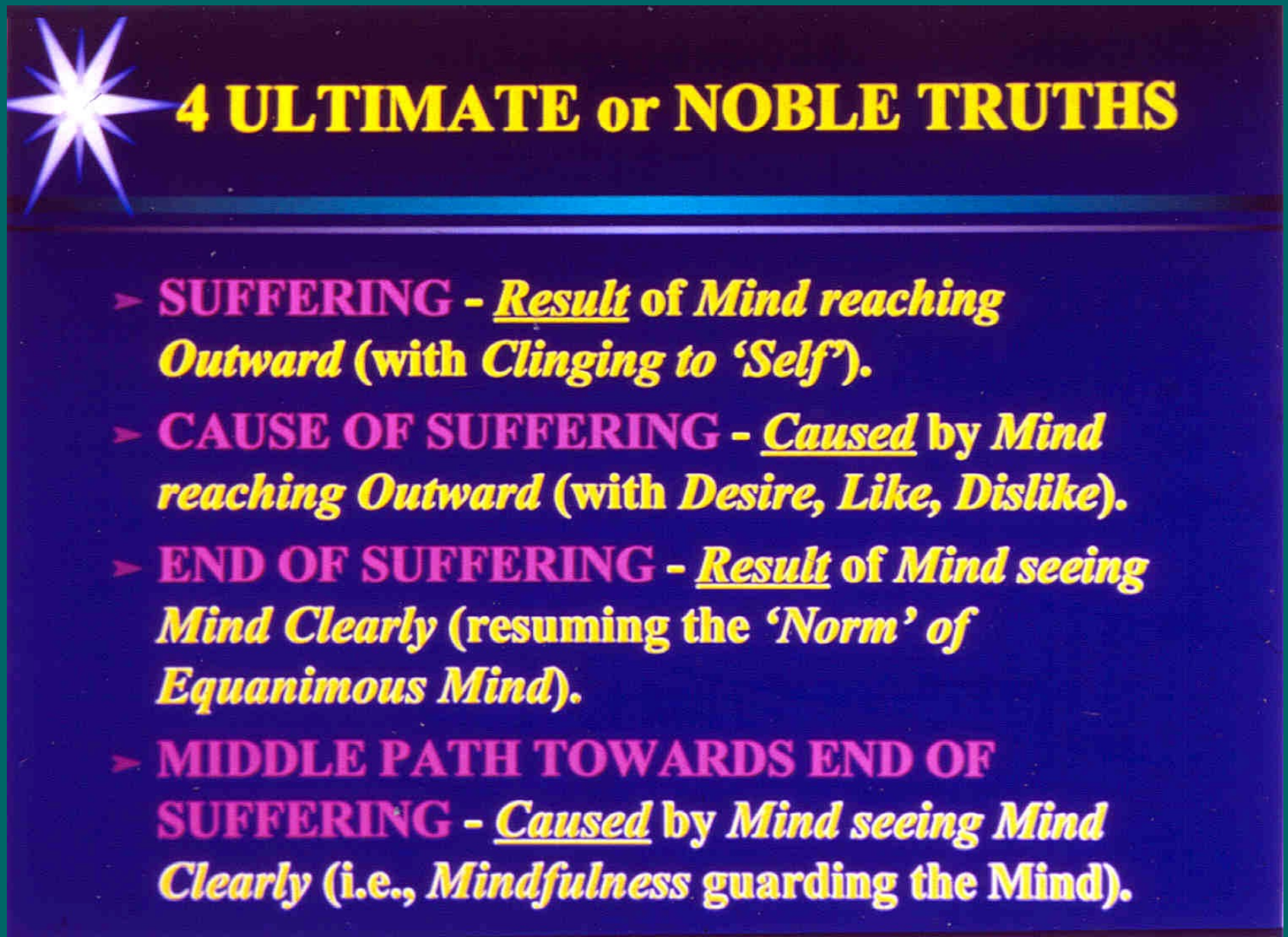
Burden of Clinging

Disenchanted

Discerned / Dispassionate

Liberated / Released

4 Ultimate Truths
Dependent Arising = its exemplified form


4 ULTIMATE or NOBLE TRUTHS
SUFFERING - Result of Mind reaching Outward (with Clinging to 'Self').
CAUSE OF SUFFERING - Caused by Mind reaching Outward (with Desire, Like, Dislike).
END OF SUFFERING - Result of Mind seeing Mind Clearly (resuming the 'Norm' of Equanimous Mind).
MIDDLE PATH TOWARDS END OF SUFFERING - Caused by Mind seeing Mind Clearly (i.e., Mindfulness guarding the Mind).

□□□□□□□ - Nirvana

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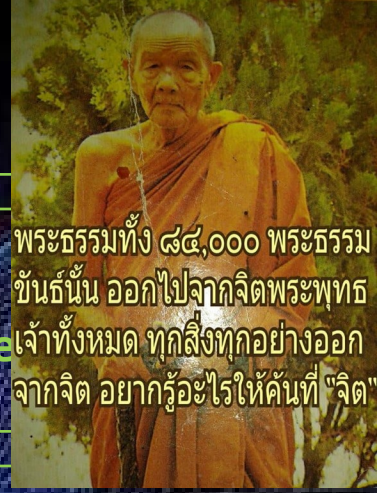
- □□□ □□□□ □□ □□ - *(□□□□□□)* **Earth, Wind, Water, Fire (*Form Realm – 1st – 4th Jhana*)**
- □□□□□□□□□□□□□□□ (□□□□□□□□□) **Boundless Space**
  □□□□□□□□□□□□□□□ (□□□□□□□) **Boundless Consciousness**
  □□□□□□□□□□□□□□□ (□□□□□□□□□□□) **Nothingness**
  □□□□□□□□□□□□□□□□□□□ (□□□□□□□□□□□□□□□□□□

Nirvana □□□□□□


พระธรรมทั้ง ๘๔,๐๐๐ พระธรรม
ขันธ์นั้น ออกไปจากจิตพระพุทธ
เจ้าทั้งหมด ทุกสิ่งทุกอย่างออก
จากจิต อยากรู้อะไรให้ค้นที่ "จิต"

- "□□□□□

Nirvana
(beyond 31 or any Realms)

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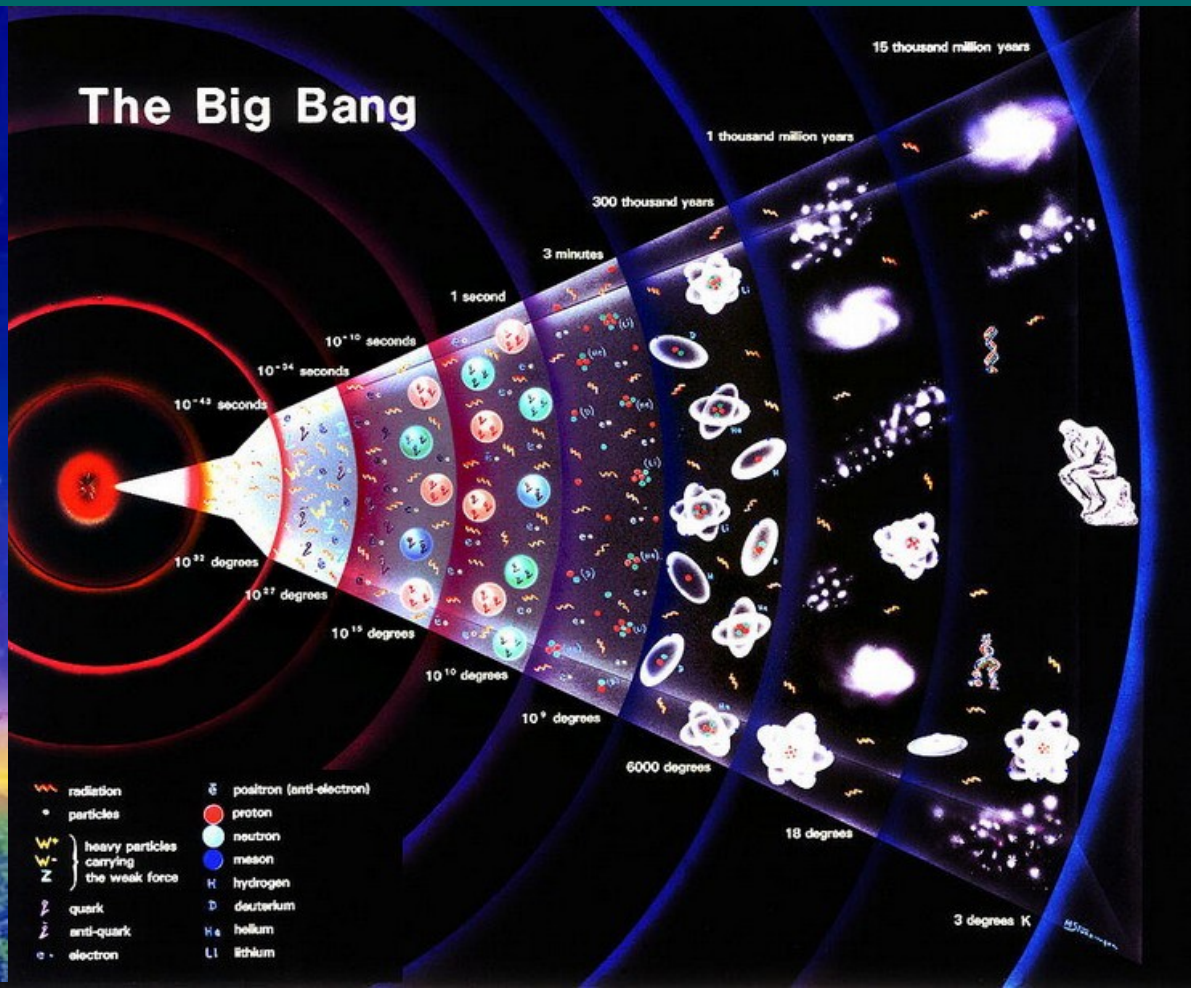
(□□□□□□□□□ 31 □□□□□)



สุญญตา Voidness vs. พลังมืด Dark Energy & สสารมืด Dark Matter

การรู้แจ้ง Realization

วัตถุ Universal Substances

ปรมัตถ์ Ultimate

อาการ Changing Nature

1,000 mph: The Earth rotates on its axis, and we rotate along with it. Speed is highest at the equator.

67,000 mph: The Earth circles the sun once a year as it completes the 587-million-mile orbit.

500,000 mph: The Milky Way Galaxy rotates around its center, and we move with it.

How fast are we moving in the universe?

จักรวาล UNIVERSE

รูป Physical forms - only 4%

นาม Invisible aspects - 96%

สสารมืด 1/3 as Dark Matter, e.g., Black Hole

พลังมืด 2/3 as Dark Energy, pushing Universe apart

1,300,000 mph: Our cluster of galaxies is moving toward the Great Attractor [shown here], a super-cluster that lies in the direction of the Centaurus constellation.

Even if you're sitting in a chair right now, you're in motion in many ways. First, the Earth is rotating on its axis. Your velocity in this respect depends on your location. At the equator, your tangential velocity is slightly over 1,000 mph, but that reduces as you move north or south, and at the [illegible] you simply rotate in place. In addition to that movement, the Earth revolves around the sun at 67,000 mph.

Our solar system sits in an arm of the Milky Way galaxy, which makes one revolution every 225 million years. That rotation shoots us along at a speed of approximately 500,000 mph. Within our local cluster of galaxies, the Milky Way is hurling toward the Andromeda galaxy at a speed of about 290,000 mph—on course for a collision in a few billion years.

We're also being drawn at a rate of about 1,300,000 mph toward an enormous supercluster, the Great Attractor, which lies 250 million light-years away. And finally, we're expanding along with the universe. But since this amounts to space itself growing larger, it's not motion in the ordinary sense of the word.

โลกเคลื่อนไหวอยู่ตลอดเวลาด้วยความเร็วสูงมากๆ 360 ไมล์/วินาที โดยเราไม่รู้สึกเลย

Earth is moving all the time, at an extremely high speed!!! Yet, without being felt.

Perfection of the Mind

- All beings have Buddha Nature/Seed
- All beings are similar to the Buddha
- All beings are the Buddhas

A lotus for you,

A Buddha to be.

Mindful Awareness, unbiasedly - 'Middle Path', towards Insight Wisdom

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